



## **Fraser Coast Outrigger Canoe Club**

### **Training Times**

**1<sup>st</sup> October 2020 to 31<sup>st</sup> May 2021**

**Monday** - Juniors: 4.15pm for 4.30pm on the water

**Tuesday** - Seniors: 5.00am for 5.15am on the water  
4.30pm for 4.45pm on the water

**Wednesday** - Juniors: 3.45pm for 4.00pm on the water

**Thursday** - Seniors: 5.00am for 5.15am on the water  
4.30pm for 4.45pm on the water

**Saturday** - Seniors: Team training OC6 long paddle  
6.00am for 6.15am on the water  
Juniors: 8.45am for 9.00am on the water

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### **Sunday**

Social Paddling: 7.45am for 8.00am on the water

Come and Try: 7.45am for 8.00am on the water